



FACTSHEET

MENTAL HEALTH AWARENESS SINGAPORE LEARNING SERIES 2018 14 – 31 OCTOBER

The Mental Health Awareness Singapore Learning Series 2018 is organised to commemorate World Mental Health Day which falls on 10 October.

To raise awareness on mental health conditions and rally support for those with such issues, this year's event takes on the theme "*Be Understanding • Be Supportive*".

Organised by the Agency for Integrated Care (AIC), Institute of Mental Health (IMH), National Council of Social Service (NCSS), MINDSET Care Limited and 29 other community partners, the Learning Series aims to empower the community to share perspectives, spark ideas and start conversations on mental health. Through the series, the public can gain a better understanding on common mental health issues and learn how to support one another to build a caring and inclusive community. In doing so, we also hope it will bring about greater social acceptance of persons in recovery and support for their families.

Five regional community mental health events will be organised in the heartlands of central, south, north, east and west Singapore. Each will focus on different topics of concern for the different audiences.

Details of the five events are:

1. Central Regional Event

"MindStories" Exhibition

14 October, 9am to 5pm, Ang Mo Kio Central Stage

Organised by: AMKFSC Community Services and partners

Target audience: General public

The "MindStories" exhibition features 18 inspiring stories of persons recovering from mental health conditions, caregivers, mental health care professionals and volunteers. It aims to enable visitors to gain a better understanding on mental health through storytelling.

As part of the exhibition, visitors can hear the recovery stories of six individuals told in small groups in "Human Library". Other exhibition components include interactive

booths where participants can understand more about mental health through experiential learning and a performance by persons in recovery.

Dr Koh Poh Koon, Senior Minister of State for Ministry of Trade and Industry and Member of Parliament for Ang Mo Kio Group Representative Constituency (GRC) and Grassroots Adviser for Ang Mo Kio GRC Grassroots Organisations, is the Guest-of-Honour for the launch of the exhibition.

From 15 October to 31 December, the exhibition will be displayed in selected libraries at Marine Parade, Ang Mo Kio, Tampines and Chinatown to reach out to more people in the community.

2. South Regional Event

“How are you?” Roadshows

15 October, 10am to 2pm, Kreta Ayer Square, 30 Kreta Ayer Road

17 October, 10am to 2pm, Blk 106 Jalan Bukit Merah

19 October, 10am to 2pm, Radin Mas Community Club

Organised by: GoodLife! and partners

Target audience: Seniors

The roadshows aim to encourage conversations starting with a simple greeting of “How are you?”, also an expression of concern and support for seniors. Seniors can view exhibits to find out about the signs and symptoms of depression, preventive measures, available services and community resources as well as the importance of staying socially active.

An interactive drama will also be conducted by onsite facilitators. Seniors are invited to participate and respond to scenarios depicting individuals with various mental health issues. Following the drama, participants will be urged to write a positive message to encourage persons recovering from mental health conditions and their caregivers. The messages will be placed in a “Hope Box” and displayed at GoodLife! centres.

From the roadshows, participants will walk away with better knowledge about mental health conditions and stronger sense of empathy for those at risk.

3. North Regional Event

Family Mental Wellness Carnival

20 October 2018. 11.00am to 5pm, Fuchun Community Club

Organised by: Clarity Singapore and partners

Target audience: Families

A happy and healthy family certainly makes a positive contribution to one’s mental wellness! Carnival visitors can pick up tips on keeping their families strong – mentally

and physically – through relationship building, effective communication, healthy eating, active ageing, caregiving, etc.

Families can learn ways to better express their appreciation and affection through the “5 Love Languages” activity booth. Other fun fringe activities include balloon sculpting, cooking demonstrations, colouring, workout, art and craft sessions which will appeal to young and old.

4. East Regional Event

“Healthy Mind, Better Life” Workshop and Seminar

25 October 2018, 5.30pm to 9.00pm, Singapore Conference Hall

Organised by: Brahm Centre and partners

Target audience: Working adults and caregivers

Stresses from work and parenting, lack of self-care and caring for ageing parents are common concerns and challenges most working adults can relate to. This seminar aims to highlight the importance of mental wellbeing especially for working adults. Participants can learn how to stay mentally resilient and healthy through a series of short talks as well as enjoy music performances.

A new Dementia Friends mobile app will be launched by the Guest-of-Honour, Dr Amy Khor, Senior Minister of State, Ministry of Health and Ministry of the Environment and Water Resources, at the event. The app serves as a useful resource for caregivers looking after their loved ones with dementia by tapping on a community network of Dementia Friends. This app is developed by AIC, Nanyang Polytechnic, Integrated Health Information Systems and supported by Tote Board.

5. West Regional Event

“Stay Woke” Youth Fest

31 October 2018, 10am to 5pm, University-Town, National University of Singapore

Organised by: Campus PSY and partners

Target audience: Youths

This festival aims to strengthen youths’ social support networks through engaging activities. Besides educational exhibits on mental health, there will be screenings of short films and fringe activities such as food carts, interactive booths activities and performances by student groups.

One of the key highlights is the Youth Dialogue on “Mental Resilience in a Changing World” which explores mental health challenges faced by today’s youths. Three inspiring youths will be sharing their personal experiences on mental health issues. The participants will use customised conversation cards which will help to initiate small group discussions among their peers. Through this activity, the participants can better appreciate and understand that anyone is susceptible to mental health challenges and be empowered to speak up and look for support.

About Mental Health Awareness Singapore

This initiative was started in 2016 by AIC, IMH and NCSS to bring together various like-minded community partners to raise awareness on mental health in Singapore.

Since 2016, the various agencies and community partners have co-organised events to commemorate World Mental Health Day in October. The events aim to:

- Bring about greater interest and understanding of mental health and wellness.
- Increase awareness of available mental health support and resources in the community.
- Build an inclusive and supportive community for persons with mental health conditions and their families.

For the list of partners and sponsors participating in the Mental Health Awareness Singapore Learning Series 2018, please refer to Annex A.

More details of the events are available at www.facebook.com/MentalHealthAwarenessSG/

MENTAL HEALTH AWARENESS SINGAPORE LEARNING SERIES 2018

Organisers and Community Partners:

1. Agency for Integrated Care
2. Institute of Mental Health
3. National Council of Social Service
4. MINDSET Care Limited
5. AMKFSC Community Services
6. Brahm Centre
7. Campus PSY
8. Clarity Singapore
9. Goodlife!
10. Alzheimer's Disease Association
11. Caregivers Alliance Limited
12. Care Corner
13. CHAT
14. Club HEAL
15. Fei Yue Family Community Services
16. Filos Community Services
17. H.O.P.E. Alliance
18. Kreta Ayer Senior Activity Centre
19. Khoo Teck Puat Hospital
20. Nanyang Polytechnic
21. National Library Board
22. National University of Singapore
23. National Youth Council
24. O'Joy Care Services
25. Presbyterian Community Service
26. Samaritans of Singapore
27. Singapore Anglican Community Services
28. Singapore Association for Mental Health
29. Silver Ribbon (Singapore)
30. St Luke's ElderCare
31. The Tapestry Project Singapore
32. Vere 360
33. Youth Corps Singapore

Sponsors:

1. Arts Nexus Design
2. Johnson & Johnson
3. NTUC Learning Hub
4. POSB
5. Turbo One